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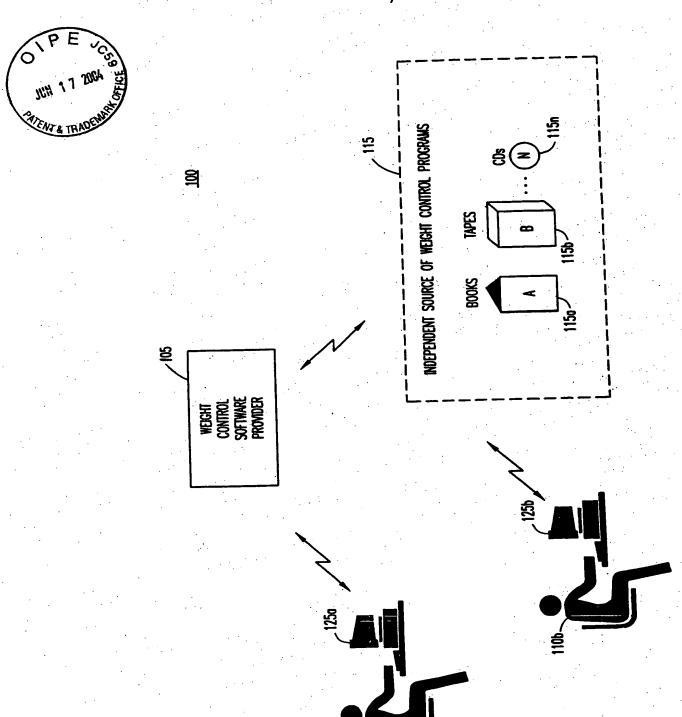
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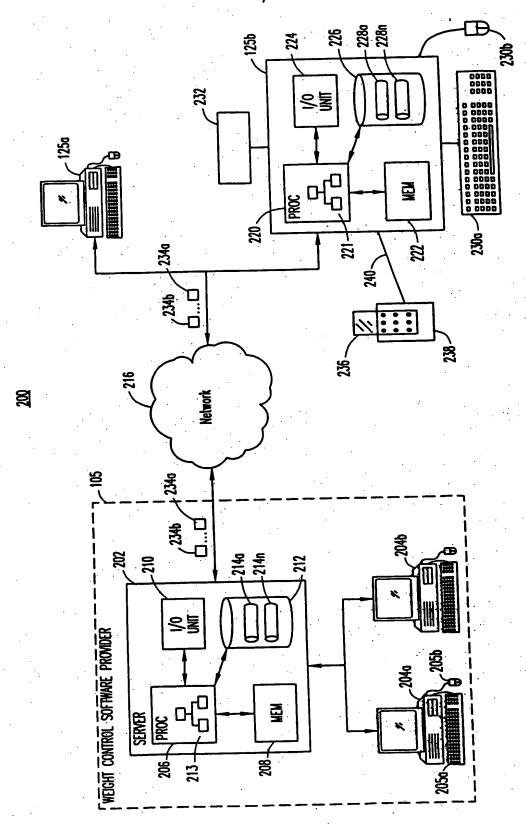


FIG. 2

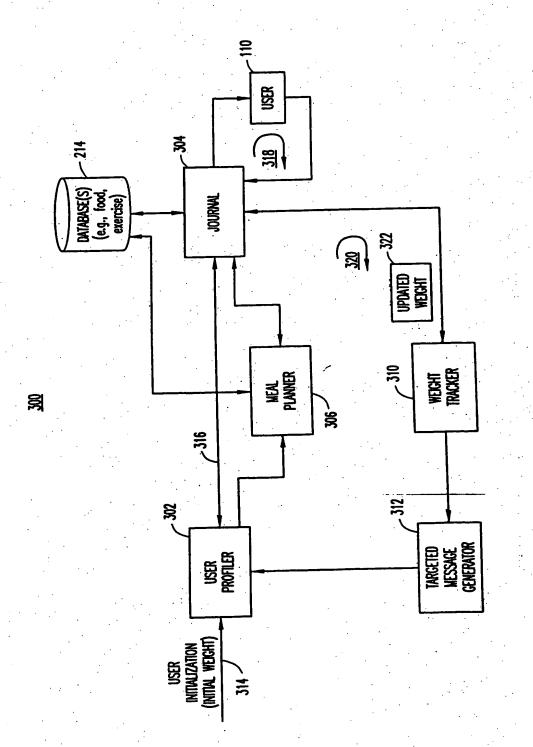
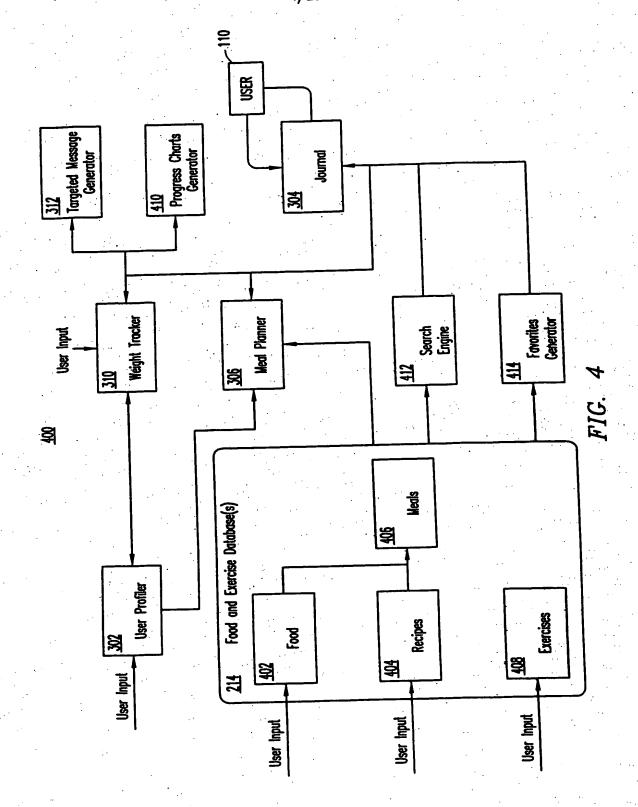
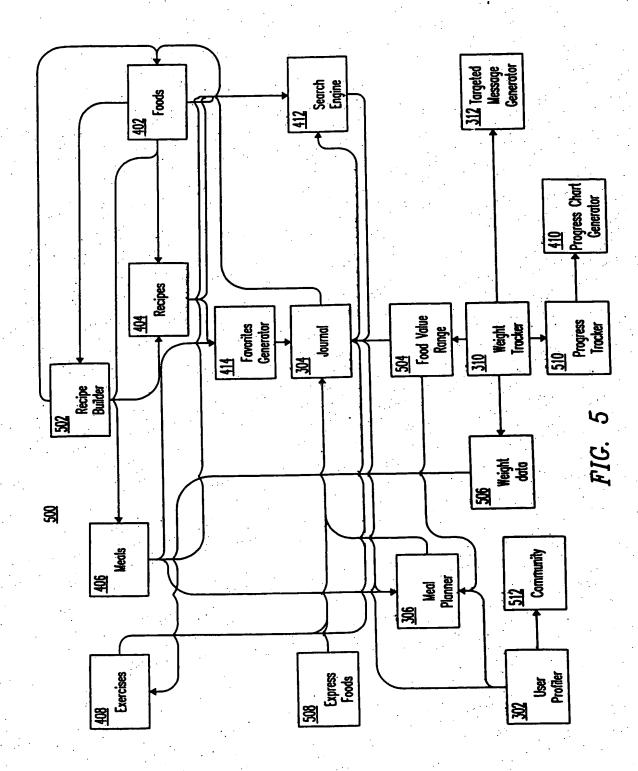


FIG. 3





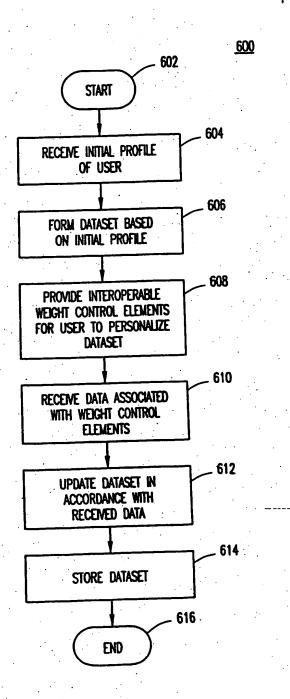


FIG. 6

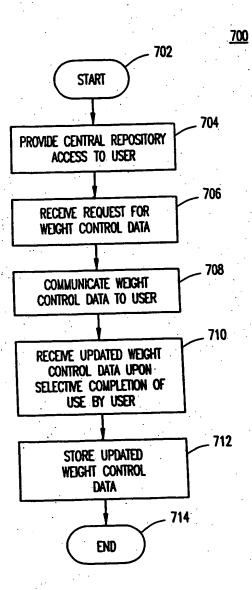


FIG. 7

8/28 find a meeting about us my profile site map help 800 shop just for me healthy life fitness sucess stories food & recipes community Journal | Weight Tracker | Progress Charls | My Fovorites | POINTS® Calculators | Assessment | Tools for Living 826 step 6 of 6 confirm your information Please confirm that all delais you entered are correct. Click the "make changes" link below to make corrections Current Weight Information Current Weight: 223lb Height: 5'8" Gender: M Birthdate: 7/14/1966 Make changes to Weight Information Other Characteristics Personal Information Attitude: Generally Happy First name: John Althletic: Yes Lost name: Smith Eye color: Blue Address: 1 MAIN St. Hair color: Brown City: Anytown State: NY Other Demographics 814 Zip code home: 12345 Roce: Caucasian Zip code work: 12346 Religion: Catholic Country: United States Elhnicity: Irish Phone: (212) 555-1234 Blood type: At E-mail: jsmith@workplace.com 816 Receive Information: No **Heath Restrictions** E-mail Weight Loss Progress: No **None** 818 E-mail Format: text Profession: Professional (e.g., doctor,lawyer) Desired Meal Plan Type Marital status: Single Regular Number of children: 0 Lifetime Member: 98765 Meeting Member number: 98765 Make changes to Personal Information 822 **Payment Information** Credit Cond: Viso Credit card number: ********1111 Expiration date: 2/2002 Name as it appears on the card: John Q Smith Billing Address: 1 WAIN St. City: Anytown State: NY Zip code: 12345 Make changes to Payment Information Total Subscription Charges for 824 Monthly Fee: \$8.00 x 6=: \$48.00 Sovings/Discount: \$0.00 Taxes: \$0.00 Total Charges: \$48.00

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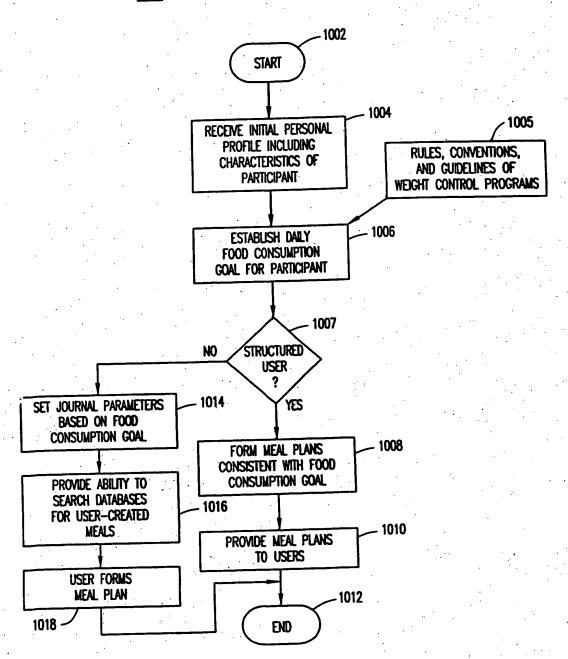


FIG. 10

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FIG. 13

find a meeting about us my profile site map help LOGOUT 1400 806e fitness just for me sucess stories | food & recipes healthy life home my plan community Articles Recipes Meal Plans Recipe Renovation Recipe Search Recipe Builder meal plans LOGOUT my shortcuts my 7-day meal plan to weight loss tools. Walcome Kevinl In not Kevin edit profile Using a meal plan is simple way to kick-start your weight loss. Whether you follow the med plan to the letter or simply use it for ideas and Pick my ovoltors! MY TOOLS inspiration is up to you. For help using the meal plan, see our meal JOURNAL <u>plan user quide.</u> WEIGHT TRACKER see Daily View view next week's plan WEAL PLANS POINTS CALCULATORS odd plan to my journal Jan 23 - Jan 29 RECIPE SEARCH 1402 **PONTS** RECIPE BUILDER **₩EDNESDAY** 23 MY RESOURCES MORN**ING** intro to eTooks Tools for Living ĽIÐDÁY: Hol elooks Topic of the Week \square Eating Out Guide Ø elooks Tip Exchange \square 1 Fovorite Recipes <u>edi</u> POINTS ☑ THURSDAY FRIDAY • 23 Favorite Boards MY MEETINGS \square \square 6 75202 ss Enter o zio code below **YIDDAY** \square **(b)** N EADIN \square Don't know zip code MY NEWSLETTER & MORE \square \square Through Choose your options GET HELP **POINTS** Frequently Asked Questions **☑** SUNDAY ✓ SATURDAY 24 Contact Us \square \square Ø \square \square Ø POINTS POINTS ☑ TUESDAY **☑** MONDAY 24 23 HORN Ø \square HIDDAY \square \square Ø \square \square \square add plan to my journal

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FIG. 16A

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FIG. 16B

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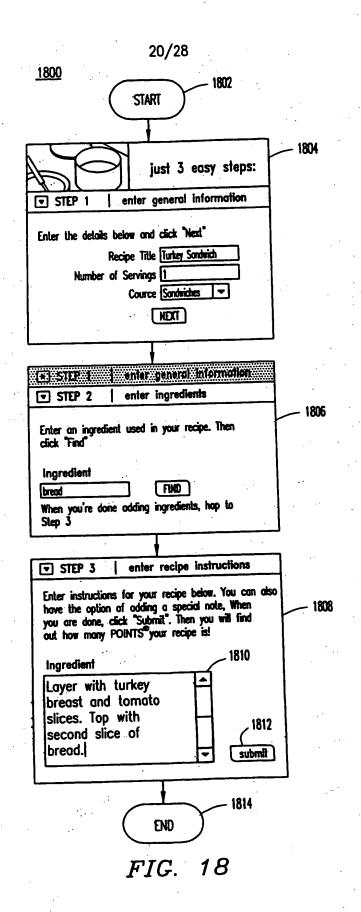
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5411	<u>Chicken and Sousage Gumbo</u> , 6	Main Meals, Soups	33 min	the week
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ILOURIE DOGUES	Chicken Failtas, 6	Main Meds	25 min	 Learn more about subsciber benefits
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Weight Control System Having Recipe Builder and Exchange Capability Inventor: Kirchhoff, et al



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Frequently Asked Questions	Effects of Rapid Weight	Yourself	(from Real Meeting-	
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FIG. 19

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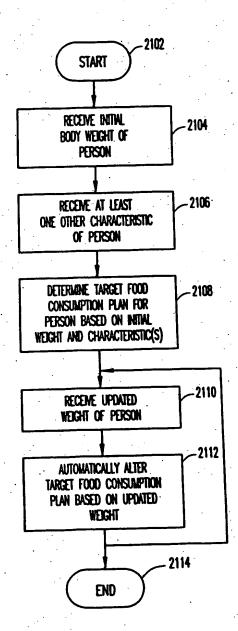


FIG. 21

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GET HELP

Frequently Asked Questions Contact Us

2202

we know how hard it can be.

Never trade what you want at the moment for what you want most.

Everyone has moments of partic or days of stress, or even weeks when they're just frontic. Thats why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on out message boards and in our chat rooms.

And read up on your rough spots, too. Here are some potential "Parric" situations. If one sounds familiar, click on the link for some sound solutions.

- ! want to lose weight, but I can't seem to get storted.
- My weight-loss is at a standstill
- . I've fallen off the wagan.
- I'm thinking of quitting.
- I gained this week.
- . I can't do this
- I just ate a whole chocolate cake.
- I con's stop overectina!
- Everybody 1 know is losing weight except me.
- I'm stressed
- My family and friends keep bringing me food!
- My spouse doesn't seem to want me to lose weight.
- I'm planning a vaction, How will I stay on track while away?
- My friends have asked me to go out to eat with them.

- . I have zero POINTS left for the
- Somebody just said something really huntful to me.
- . None of my jeans fit me anymore!
- I'm too big to fit into a bus seat.
- I'm going to have to stand in front of a crowd. People willnotice me.
- . I feel so lonely.
- I'm bored with trying to lose weight.
- I'm frustrated with trying to lose weight.
- I hate exercising.
- . I've lost my motivation.
- . I feel thinner and look thinner, but I'm not losing pounds.

your best resource Thousands of people just like you use our chal and message boards for

inspiration and encouragement. See how they tocked the problems you loce. - chat with others now

o to newbie board

your best resource

Our leaders provide the best answers to all your questions about weight

find o meeting

get help Paniding cause you're having problems using some of the looks on our site? Irequentity asked questions <u>2300</u>

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FIG. 23

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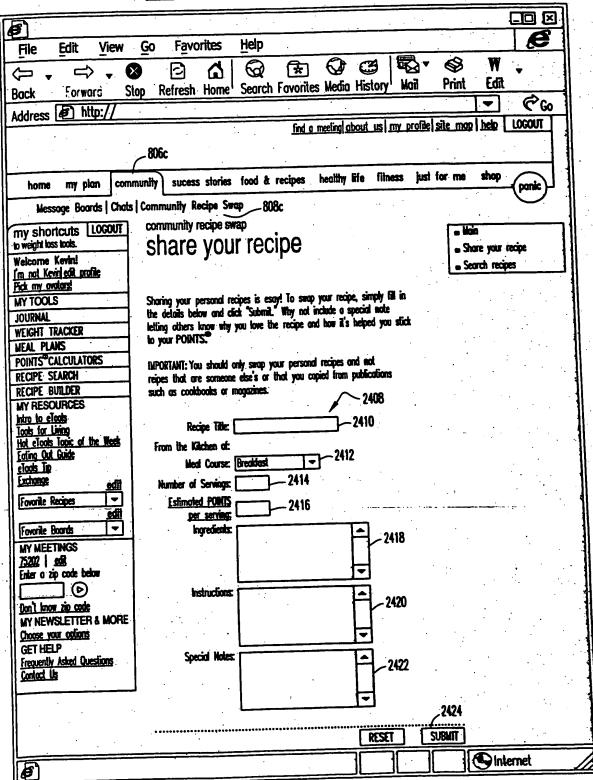


FIG. 24B

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